

Best Start with HENRY supports parents of 0-5 year olds in Waltham Forest with:

- Infant feeding (breast, bottle and mixed feeding)
- Healthy eating and activity
- Dental health
- Speech & language



Get in touch to find out more:

HENRY office: 020 8496 5223 [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)

 @WFHENRYHealth [www.henry.org.uk/walthamforest](http://www.henry.org.uk/walthamforest)

or drop into your local Children & Family Centre to find out more



in partnership with



# Best Start with HENRY

Everyone wants their children to have a great start, but with so much advice it can sometimes be hard to know what to do for the best as a parent, especially in the early years. That's where the Best Start service comes in. We can support you to get your child off to a healthy start with infant feeding (breast or bottle), healthy eating and activity, dental health, and speech & language.



Come along to one of our free drop-in sessions or see inside for more information

Or call us directly on **020 8496 5223**  
we can tell you all about what help is available locally

## Infant feeding (breast or bottle)

The infant feeding team offer one-to-one practical and emotional support for parents on breastfeeding, mixed feeding, bottle-feeding and introducing solids. There are eight drop-in sessions held across Waltham Forest every week. For an up-to-date timetable visit [www.henry.org.uk/walthamforest](http://www.henry.org.uk/walthamforest)

### Further support

**Waltham Forest Infant Feeding Team 020 8496 5222**

Monday – Friday, 9am – 5pm

**Local volunteer breastfeeding counsellors:**

(try to call between 8am & 10pm):

Kate 020 8520 4753

Elaine 07908 962 272

Elizabeth 020 8527 6625

Andrea 07812 988 926 (1-3pm weekdays)

**National Infant Feeding helplines:**

will put you through to a UK Breastfeeding Counsellor

**National Childbirth Trust: 0300 330 0700 Option 1**

(every day 8am – midnight)

**La Leche League: 0845 120 2918 (24 hours)**

**National Breastfeeding Helpline 0300 100 0212**

(9:30am – 9:30pm) (English, Welsh and Polish)

**TAMBA (for twins or more)**

Email to ask for contact from a twins/multiples peer supporter

[tambabreastfeeding@gmail.com](mailto:tambabreastfeeding@gmail.com)

## Healthy, active children

With any concerns you have about your under-5's eating or activity levels. Visit one of our free drop-in sessions for a supportive conversation with a specialist dietician or nutritionist. For an up-to-date timetable visit [www.henry.org.uk/walthamforest](http://www.henry.org.uk/walthamforest)

## Growing up with healthy teeth

Happy children have happy smiles! Did you know that the best time to start visiting the dentist is when those first teeth come through or around their first birthday. You can get a list of local dentists taking on child patients from your local Children & Family Centre, or book your free check-up for under 5's which takes place in a relaxed setting within the centres. If your child has never visited the dentist, or hasn't seen the dentist in a while, this is the perfect time to start. Find out more about local check-ups and how to keep your child's teeth healthy by calling us on 020 8496 5223.

## Speech, language and communication

If you have any concerns at all about your child's speech and language, come along to one of our free drop-in sessions for under 5's delivered by speech & language therapists. For an up-to-date timetable visit

[www.henry.org.uk/walthamforest](http://www.henry.org.uk/walthamforest)

## Speech and Language Tips

There's lots we can do at home to help children develop their speech and communication skills.

- Sharing books together
- Chatting as part of daily family life – for instance talking to your baby about what you're doing when you're getting them dressed
- Spending time playing together without the TV, radio or phone
- Going for a walk and talking about what you see
- Eating together and chatting at mealtimes



*"The team were so supportive. Thank you for this incredible service that has helped my family immensely."*